

Women or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food (AK 96-USDA 902)

Explain to Participant	You're enrolled in the WIC program today because a primary caregiver of a woman, infant/child has a limited ability to make the right feeding decisions and/or prepare food. It includes those who are ≤17 years of age, mentally disabled/delayed and /or have mental illness, physically disabled to a point that restricts or limits food preparation or is at this time using or having a history of abusing alcohol or other drugs.	
Goal	The goal is to assist primary caregivers with limited ability to make feeding decisions and/or prepare food, so they can care for the enrolled WIC participant.	
Suggestions for Reducing Risk	Develop skills, knowledge and learn where to ask for help to properly care for the enrolled WIC participant. Provide education, and information on referrals and services in areas needed.	
Nutrition Education Material Suggested	Daily Food Guide	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
	Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	Refer participant to appropriate agencies. Use local referral information and materials.	